Listing of All Claims Including Current Amendments

1.   (currently amended) A system for facilitating weight control of a person, said system comprising:

a user computer;

a weight control program computer in communication with the user computer over a network;

a foods database accessible by the weight control program computer, the foods database having stored thereon data relating to a plurality of foods;

~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to generate a meal plan comprised of foods stored on the foods database, to transmit the meal plan to the user computer and to allow the person to alter the meal plan based upon food selections received from the user computer; and

~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to receive data relating to foods from the person via the user computer and to alter the foods database based upon the received data.

2.   (original) The system according to claim 1, further comprising software executing on the weight control program computer operable to search the foods database to locate and transmit to the user computer data relating to foods stored on the foods database which match criteria received from the user computer.

3.   (original) The system according to claim 2, wherein the food selections received from the user computer are based upon the data relating to foods transmitted by the software.

4.   (original) The system according to claim 1, wherein at least some of the data stored on the foods database relates to branded foods.

5.   (original) The system according to claim 1, wherein at least some of the data stored on the foods database relates to foods prepared by consumer restaurants.

6.   (original) The system according to claim 1, wherein the meal plan is based at least in part on a target food consumption value maintained by software executing on the weight control program computer.

7.   (original) The system according to claim 6, further comprising software executing on the weight control program computer operable to alter the target food consumption value based upon activity selections received from the user computer.

8.   (original) The system according to claim 7, further comprising:

an activities database accessible by the weight control program computer, the activities database having stored thereon data relating to a plurality of activities;

software executing on the weight control program computer operable to search the activities database to locate and transmit to the user computer data relating to activities stored on the activities database which match criteria received from the user computer; and

wherein the activity selections received from the user computer are based upon the data relating to activities transmitted by the software.

9.   (original) The system according to claim 8, further comprising software executing on the weight control program computer operable to receive data relating to activities from the person via the user computer and to alter the activities database based upon the received data.

10.   (original) The system according to claim 6, wherein the target food consumption value is generated automatically by software executing on the weight control program computer.

11.   (original) The system according to claim 10, wherein the target food consumption value is based at least in part on an initial weight of the person.

12.   (original) The system according to claim 10, wherein the target food consumption value is based at least in part on a current weight of the person.

13.   (original) The system according to claim 1, further comprising a favorites database accessible by the weight control program computer, the favorites database having stored thereon data relating to foods which are favorites of the person.

14.   (original) The system according to claim 13, wherein the foods which are favorites of the person are specified by the person.

15.   (original) The system according to claim 13, wherein the foods which are favorites of the person are determined automatically by software executing on the weight control program computer.

16.   (original) The system according to claim 1, wherein the network comprises the Internet.

17.   (currently amended) A system for facilitating weight control of a person, said system comprising:
        a user computer;

a weight control program computer in communication with the user computer over a network;

a foods database accessible by the weight control program computer, the foods database having stored thereon data relating to a plurality of foods, at least some of the data stored on the foods database relating to branded foods;

~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to generate a meal plan comprised of foods stored on the foods database, to transmit the meal plan to the user computer and to allow the person to alter the meal plan based upon food selections received from the user computer; and

~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to search the foods database to locate and transmit to the user computer data relating to foods stored on the foods database which match criteria received from the user computer.

18.   (original) The system according to claim 17, wherein the food selections received from the user computer are based upon the data relating to foods transmitted by the software.

19.   (original) The system according to claim 17, wherein at least some of the data stored on the foods database relates to foods prepared by consumer restaurants.

20.   (original) The system according to claim 17, further comprising software executing on the weight control program computer operable to receive data relating to foods from the person via the user computer and to alter the foods database based upon the received data.

21.   (original) The system according to claim 17, wherein the meal plan is based at least in part on a target food consumption value maintained by software executing on the weight control program computer.

22.   (original) The system according to claim 21, further comprising software executing on the weight control program computer operable to alter the target food consumption value based upon activity selections received from the user computer.

23.   (original) The system according to claim 22, further comprising:
        an activities database accessible by the weight control program computer, the activities database having stored thereon data relating to a plurality of activities;
        software executing on the weight control program computer operable to search the activities database to locate and transmit to the user computer data relating to activities stored on the activities database which match criteria received from the user computer; and
        wherein the activity selections received from the user computer are based upon the data relating to activities transmitted by the software.

24.   (original) The system according to claim 23, further comprising software executing on the weight control program computer operable to receive data relating to activities from the person via the user computer and to alter the activities database based upon the received data.

25.   (original) The system according to claim 21, wherein the target food consumption value is generated automatically by software executing on the weight control program computer.

26.   (original) The system according to claim 25, wherein the target food consumption value is based at least in part on an initial weight of the person.

27.   (original) The system according to claim 25, wherein the target food consumption value is based at least in part on a current weight of the person.

28.   (original) The system according to claim 17, further comprising a favorites database accessible by the weight control program computer, the favorites database having stored thereon data relating to foods which are favorites of the person.

29.   (original) The system according to claim 28, wherein the foods which are favorites of the person are specified by the person.

30.   (original) The system according to claim 28, wherein the foods which are favorites of the person are determined automatically by software executing on the weight control program computer.

31.   (original) The system according to claim 17, wherein the network comprises the Internet.

32.   (currently amended) A system for facilitating weight control of a person, said system comprising:
       a user computer;
       a weight control program computer in communication with the user computer over a network;
       ~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to maintain a target food consumption value;
       an activities database accessible by the weight control program computer, the activities database having stored thereon data relating to a plurality of activities;

~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to search the activities database to locate and transmit to the user computer data relating to activities stored on the activities database which match criteria received from the user computer; ~~and~~

~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to alter the target food consumption value based upon activity selections received from the user computer, which activity selections received from the user computer are based upon the data relating to activities transmitted by the software;

a foods database accessible by the weight control program computer, the foods database having stored thereon data relating to a plurality of foods; and

said weight control program computer stores a software program having instructions causing the weight control program computer to generate a meal plan comprised of foods stored on the foods database, to transmit the meal plan to the user computer and to allow the person to alter the meal plan based upon food selections received from the user computer, the meal plan being based at least in part on the target food consumption value.

33.   (original) The system according to claim 32, further comprising software executing on the weight control program computer operable to receive data relating to activities from the person via the user computer and to alter the activities database based upon the received data.

34.   (original) The system according to claim 32, wherein the target food consumption value is generated automatically by software executing on the weight control program computer.

35.   (original) The system according to claim 34, wherein the target food consumption value is based at least in part on an initial weight of the person.

36.   (original) The system according to claim 34, wherein the target food consumption value is based at least in part on a current weight of the person.

37.   (cancelled)

38.   (original) The system according to claim 37, further comprising software executing on the weight control program computer operable to receive data relating to foods from the person via the user computer and to alter the foods database based upon the received data.

39.   (original) The system according to claim 37, further comprising software executing on the weight control program computer operable to search the foods database to locate and transmit to the user computer data relating to foods stored on the foods database which match criteria received from the user computer.

40.   (original) The system according to claim 39, wherein the food selections received from the user computer are based upon the data relating to foods transmitted by the software.

41.   (original) The system according to claim 37, wherein at least some of the data stored on the foods database relates to branded foods.

42.   (original) The system according to claim 37, wherein at least some of the data stored on the foods database relates to foods prepared by consumer restaurants.

43.   (original) The system according to claim 32, further comprising a favorites database accessible by the weight control program computer, the favorites database having stored thereon data relating to activities which are favorites of the person.

44.   (original) The system according to claim 43, wherein the activities which are favorites of the person are specified by the person.

45.   (original) The system according to claim 43, wherein the activities which are favorites of the person are determined automatically by software executing on the weight control program computer.

46.   (original) The system according to claim 32, wherein the network comprises the Internet.

47.   (currently amended) A system for facilitating weight control of a person, said system comprising:

a user computer;

a weight control program computer in communication with the user computer over a network;

an activities database accessible by the weight control program computer, the activities database having stored thereon data relating to a plurality of activities;

~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to maintain a target food consumption value and to allow the person to alter the target food consumption value based upon activity selections received from the person;

a foods database accessible by the weight control program computer, the foods database having stored thereon data concerning a plurality of foods;

~~software executing on the weight control program computer operable~~ said weight control program computer stores a software program having instructions causing the weight control program computer to generate a meal plan comprised of foods stored on the foods database based at least in part on the target food consumption value, to transmit the meal plan to the user computer and to allow the person to alter the meal plan based upon food selections received from the user computer; and

a favorites database accessible by the weight control program computer, the favorites database having stored thereon data relating to foods and activities which are favorites of the person.

48.   (original) The system according to claim 47, wherein the foods and activities which are favorites of the person are specified by the person.

49.   (original) The system according to claim 47, wherein the foods and activities which are favorites of the person are determined automatically by software executing on the weight control program computer.

50.   (original) The system according to claim 47, further comprising software executing on the weight control program computer operable to search the favorites database to locate and transmit to the user computer data relating to foods and activities stored on the favorites database which match criteria received from the user computer.

51.   (original) The system according to claim 50, further comprising software executing on the weight control program computer operable to alter the target food consumption value based upon activity selections received from the user computer, which activity selections received from the user computer are based upon the data relating to activities stored on the favorites database transmitted by the software.

52.   (original) The system according to claim 50, further comprising software executing on the weight control program computer operable to alter the meal plan based upon food selections received from the user computer, which food selections received from the user computer are based upon the data relating to foods stored on the favorites database transmitted by the software.

53.   (original) The system according to claim 47, wherein the network comprises the Internet.